

I Tried 5 Over-the-Top Hangover Cures and Here Are the Ones That Actually Work

The IV doctor, crystal therapy, burying myself in sand, eating pickled plums—you name it, I tried it.



by ZOE WEINER Dec 28, 2016

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Ah, New Year's Eve. A glorious night of sparkles and debauchery followed by a less-than-glorious morning of bleary-eyed wobbly-ness. Starting the new year on a terribly nauseous, woozy foot always feels particularly punishing, though inevitable. But after the 2016 we've all had, nobody needs that kind of drama, which is why I embarked on this experiment for all of our sakes.

My go-to hangover cure is usually a cup of coffee, a spin class, and a green juice. But considering how hard it is to actually *get* out of bed and drag yourself to a spin class and then order the green juice, I figured there has to be a *lazier* better way. Short of drinking sheep's eyeball or eating sparrow poop (because apparently people really do that?), I rounded up five of the most out-there hangover remedies I could find and then tried them all, much to the chagrin of my family

members. It was all in the name of journalism, and so we could wake up on the first day of 2017 feeling like our best selves, ready to take down the patriarchy, etc. And no, you *don't* need to drink a raw egg. You're welcome.

1. Getting IV Fluids



5. Getting Crystal Therapy

Overall Effectiveness: 10/10

I've always thought the whole crystal thing was a little silly—I mean, it's hard to get on board with anything Spencer Pratt endorses so enthusiastically—but after this experience I am a *changed* woman. (Sorry for ever doubting you, Spence.) I went in for a Healing Crystal Facial at the Susan Ciminelli Spa the morning after polishing off three margaritas and a bottle of wine at a Third Eye Blind Concert. I had absolutely no faith that the treatment would work in *any* way, especially since I didn't tell Susan I was hungover. So when she placed the fluorites (and rose quartz and tourmalines and Herkimer diamonds and orange calcite) over of my body, I settled in for a nap and prayed I'd be able to sleep off the alcohol before having to go back to work.

But instead of falling asleep, I somehow managed to reach a mid-consciousness meditative state that felt like I was floating. Before you scoff, I am someone who has *never* meditated before and can barely sit through a yoga class or clear her head long enough to remember a phone number. Which is to say, it was legitimately an out-of-body experience. Forty-five minutes went by in what felt like five, and at one point I remember my nauseous stomach made a weird gurgling noise. When the lights came back on, I felt 100% recovered from the pounding headache and nausea that had plagued me all morning. And then I ended up having one of the most productive afternoons of work I'd had in months.

"Crystals help move energy through the body the way acupuncture does. It helps your inner organs run better, which can be reflected in the skin," Susan told me when I asked her WTF had just happened to me. "When your body runs more efficiently and at a higher vibrational level, your body will heal itself more easily."

Bottom line? I will be bathing in rose quartz every time I'm hungover for the rest of my life. Spencer, if you're reading this, please call me and let's trade secrets.